



MUAB INSTRUCTIONS FOR WALKERS

For each monthly walk or event, notes will be circulated in advance by email to MUAB members and be posted on the website (www.muab.org.au). These notes will provide information on the location of the walk, the meeting place, the length and difficulty of the walk, details of any short walks and any other relevant information.

For special walks or events such as ‘the week of walks’ or ‘weekend away’, notes will also be sent to members and posted on the website. Notes in the email will include extra detail tailored to suit the specific event.

Walks will be automatically cancelled on days of total fire ban in the district of the walk, or for other reasons by the Walk Leader in consultation with the Walks Coordinator and President. Walkers will be notified in advance of any cancellation. Please check your email or website.

No Smoking applies to all MUAB events.

ARRIVAL AT MEETING LOCATION

- Walkers are to meet at the specified meeting place at the designated ‘circle’ time. It is not necessary to notify attendance in advance, but the Walk Leader will not wait for late arrivals. Plan your route, allow sufficient time for travel and take extra care on unfamiliar or unsealed roads, especially when wet.
- Allow time to complete all preparations, including toilet stops, prior to the circle, to enable commencement of the walk immediately following the briefing.
- Wear sturdy shoes or boots and bring a pack containing: wet weather gear, sunhat, sun block, snack, lunch and water, personal first aid kit and anything else such as walking poles, map, compass and camera.
- Carry your Emergency Contact and Medical Information in a waterproof container in the outer pocket of your pack. This form is available on the website under ‘Forms’
- Detailed suggestions for what to bring are available on the MUAB website (www.muab.org.au). See section on ‘what to take’
- Prior to the briefing Walkers will be required ensure they are listed on an attendance sheet for the walk. Participation constitutes an acknowledgement that they have signed the detailed disclaimer regarding risks and obligations of members that is provided as part of annual renewal of membership. Guest walkers will be required to sign a separate form.

BRIEFING BY WALK LEADER

- Walkers are expected to have read the walk notes ahead of time noting any information on the difficulty of the walk.
- The Walk Leader will gather the group into a circle and provide a detailed briefing on the walk or walks. This will allow individuals to select their level of walk based on their ability.

- When selecting your walk level, if unsure, select the easier option, or seek advice from the Walk Leader. Over-estimation of your ability can impact not only on your own safety but also the enjoyment and safety of the group as a whole. The whole group is held to the pace of the slowest walker so in consideration of others, select your level of walk to match your assessment of the ability of fellow walkers.
- Listen carefully to the Walk Leader's directions at the circle. Details of any car shuffle required will have been carefully considered and should be left to the Walk Leader unless they ask for assistance.
- Members should commence walks confident of their ability, based on their reading of the walk notes and the briefing they receive.

ON THE TRAIL

- On the trail stay between the Walk Leader (or the assigned leader for that section of the walk) and the Whip. Do not go ahead without the Walk Leader's express approval.
- Keep to a reasonable pace. The whole group is held to the pace of the slowest walker.
- Conversations are great, but keep your voice down, to maintain the serenity of the bush for others.
- If you have gone ahead and come to a fork in the trail wait there for the Walk Leader to catch up unless you have received specific instructions to proceed.
- If leaving the trail for any reason, eg a comfort stop, leave your pack in the middle of the trail so that the Whip will not pass you.
- Keep the person ahead and the person behind in view. If getting too spread out send a message up the line to the Walk Leader.
- Know your whistle protocol (three blasts – I need help/distress/emergency)
- Any variations to the walk must be agreed with the Walk Leader, who has the responsibility for the safety of the whole group.
- If leaving the walk early, seek agreement from the Walk Leader. Once you have left the walk you are responsible for your own safety. You cannot rely on the group to provide support if you get into difficulty.

ON RETURN

- Do not depart at the end of the walk before advising the Walk Leader.
- If car shuffles are involved remain at the end of the walk until all walkers have returned or until the Walk Leader has ensured that all walkers have transport to their car.

Approved by the MUAB Committee 02/06/2020